

HEALTHY HALLOWEEN:

- A good meal prior to parties and trick-or-treating will discourage youngsters from filling up on Halloween treats.
- Consider purchasing non-food treats for those who visit your home, such as coloring books or pens and pencils.
- Wait until children are home to sort and check treats. Though tampering is rare, a responsible adult should closely examine all treats and throw away any spoiled, unwrapped or suspicious items.
- Try to portion treats for the days following Halloween.
- Although sharing is encouraged, make sure items that can cause choking (such as hard candies), are given only to those of an appropriate age.

HOME SAFE HOME:

- To keep homes safe for visiting trick-or-treaters, parents should remove anything a child could trip over such as garden hoses, toys, bikes and lawn decorations.
- Parents should check outdoor lights and replace burned-out bulbs.
- Wet leaves should be swept from sidewalks and steps.
- Plan and review with your children the route which is acceptable to you. Agree on a specific time when they should return home.



*Have a safe and happy
Halloween!*

*Remember that Halloween is for
children of all ages, so get involved
with your little ghost or goblin!*



Tips obtained from the
American Academy of Pediatrics www.aap.org
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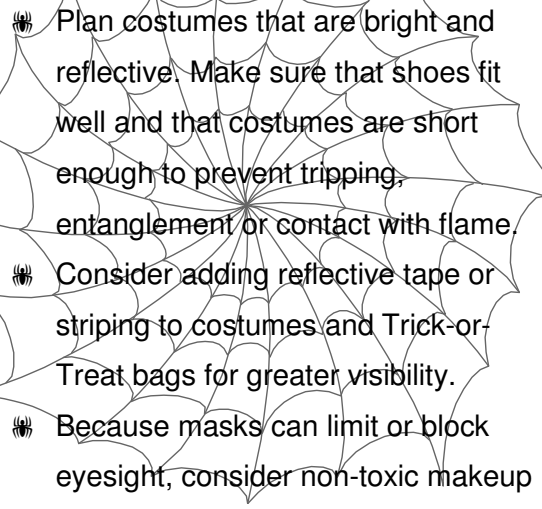


**Safety Tips
for a**

*Happy
Halloween*



ALL DRESSED UP:

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- Plan costumes that are bright and reflective. Make sure that shoes fit well and that costumes are short enough to prevent tripping, entanglement or contact with flame.
 - Consider adding reflective tape or striping to costumes and Trick-or-Treat bags for greater visibility.
 - Because masks can limit or block eyesight, consider non-toxic makeup and decorative hats as safer alternatives.
 - When shopping for costumes, wigs and accessories, look for and purchase those with a label clearly indicating they are flame resistant.
 - Obtain flashlights with fresh batteries for all children and their escorts.
 - Teach children how to call 9-1-1 (or their local emergency number) if they have an emergency or become lost.

CARVING A NICHE:

- Small children should never carve pumpkins. Children can draw a face with markers, then parents can do the cutting. Under parents' supervision, children ages 5 to 10 can join in the fun.
- Votive candles are safest for candle-lit pumpkins.
- Lighted pumpkins should be placed on a sturdy table, away from curtains and other flammable objects, and should never be left unattended.

ADDITIONAL TIPS:

- A parent or responsible adult should always accompany young children on their neighborhood rounds.
- Remind Trick-or-Treaters:
 - Stay in a group and communicate where they will be going.
 - Only go to homes with a porch light on.
 - Remain on well-lit streets and always use the sidewalk.

- If no sidewalk is available, walk at the farthest edge of the roadway facing traffic.
- Never cut across yards or use alleys.
Never enter a stranger's home or car for a treat.
- Obey all traffic and pedestrian regulations.
- Only cross the street as a group in established crosswalks (as recognized by local custom).
- Don't assume the right of way.
Motorists may have trouble seeing Trick-or-Treaters. Just because one car stops, doesn't mean others will!
- Law enforcement authorities should be notified immediately of any suspicious or unlawful activity.

